



# Walk for the **health** of it

Check out these great opportunities for indoor walking.

We offer the following convenient times at our local community centers where you can walk in our climate controlled, secure buildings.

- No rain, ice, or other weather concerns, dogs, bugs or uneven walking surfaces.
- Access Card recommended or sign-in required. Just check in at the front desk, swipe your card and do your walking.
- Bring a friend and talk or maybe just listen to your radio with earphones.

This free activity is a public service of Montgomery County Recreation Department.

## Open gym times for indoor walking

(If Gym is unavailable, Social Hall may be used if not in use.):

### Recreation Center

Bauer Drive Community Center  
 Clara Barton Community Center  
 Ross Boddy Community Center  
 Coffield Community Center  
 Damascus Community Center  
 East County Community Center  
 Germantown Community Center  
 Good Hope Community Center  
 Leland Community Center  
 Long Branch Community Center  
 Longwood Community Center

Marilyn J. Praisner Community Center

Plum Gar Community Center  
 Potomac Community Center  
 Upper County Community Center  
 Wheaton Community Center

### Days

Thursday  
 Friday  
 Monday, Tuesday  
 Tues, Wed, Thur  
 Monday, Friday  
 Mon, Tues, Wed, Thur, Fri  
 Mon, Tues, Wed, Thur, Fri  
 Mon, Tues, Wed, Thur, Fri  
 Monday, Wednesday  
 Friday  
 Tuesday  
 Wednesday  
 Monday, Thursday  
 Tuesday, Wednesday  
 Wednesday  
 Mon, Wed, Fri  
 Tues, Wed, Thur  
 Tuesday

### Time

9:15am-11:00am  
 11:00am-1:00pm  
 10:00am-12:00pm  
 10:00am-2:00pm  
 10:00am-12:00pm  
 9:00am-1:00pm  
 6:00pm-8:00pm  
 2:00pm-3:00pm  
 12:00pm-1:00pm  
 9:00am-2:00pm  
 10:00am-1:00pm  
 10:00am-2:00pm  
 11:30am-2:30pm  
 9:30am-11:30am  
 9:00am-12:00pm  
 11:00am-12:00pm  
 11:00am-12:30pm  
 11:00am-1:00pm

Montgomery County



**Call 240-777-4922  
for more information**